

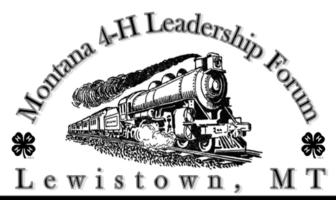
Montana State University Extension Service Flathead County Newsletter

October 2016



Don't forget to CELEBRATE your 4-H pride this year during National 4-H Week - OCTOBER 2-8, 2016

Put your club in the spotlight by reaching out to local media, businesses and organizations and tell them all about 4-H.



September 30 - October 2, 2016

Calling all Leaders! Calling all Leaders! First Boarding Call for the train to Volunteer Success!

District 3 would like to announce our agenda, workshop list, and tour information for the 2016 Montana 4-H Leadership Forum. This year the Forum will be held in Lewistown, MT. We have over 50 workshops and 11 tours for you to choose from. You may register for a specific workshop track, or pick and choose from all available. Full Workshop and Tour Descriptions available at First Class (Early Bird) Registration opens through 4HOnline August 1, Main Cabin (Regular) Registration continues from September 1st – September 14th, and Box Car Registration (Late, paper only) continues from September 15th – September 23rd.

No registrations will be accepted after September 23rd.

Tours: All tours happen Friday, September 30.

Bear Gulch Pictographs – 4,000 to 5,000 Native American Pictographs dating from A.D. 1000 to 1850. Limit – 30 people, bus will leave from Yogo Inn @ 2pm. Cost \$15 per person

Bos Terra and Speaker Darrell Stevenson – Progressive 15,000 head feedlot located near Hobson, MT. Darrell Stevenson launched Stevenson Sputnik Ranch in Russia in 2010. No Cost, No Limit. Tour will depart from Yogo Inn @ 2pm, or meet at Bos Terra @ 2:30pm.

Slippery Ann Wildlife Viewing Area – Hundreds of elk congregate on the CMR National Wildlife Refuge near the Fred Robinson Bridge North of Lewistown. Bus leaves from Yogo Inn @ 3:30pm. Classroom portion of Shooting Sports Leaders Training will be conducted on the bus, you do NOT have to be signed up for Shooting Sports Training to go on this tour. Limit – 30 people, cost, \$15.

<u>Big Dry Saddlery</u> – Roger Hollowell, the owner of Big Dry, will explain saddle trees and how to measure and fit a saddle. No Cost, No Limit.

<u>Saturday Night Goldens – Dog Kennel</u> – State of the Art breeding, training, and kennel facility for Golden Retrievers. Puppies are usually reserved prior to whelping and can be found all across the US and Canada. No Cost, Limit – 15 people. Tour departs from the Yogo Inn @ 3:30pm.

Historic Home and Quilting – Kitty and Kenny Hageman's 1905 home is a shining example of the Croatian stonework the Lewistown area is famous for. From there, the group will visit Shawna Crawford and her impressive quilt room that houses her long arm quilting machine. No Cost, Limit – 15 people

Manufacturing – HCR, Inc. engineers and fabricates doorway products for the refrigerated warehouse industry, as well as laser cutting, fabrication and powder coating services. Spika Design & Manufacturing specializes in the design and manufacturing of high quality work platforms. Hi Heat is a custom manufacturer of electric heaters. No Cost, No Limit. Tour leaves from Yogo Inn @ 2:15.

<u>Big Springs Trout Hatchery</u> – Hatchery provides Cutthroat, Rainbow, and Brown Trout, Graylines, and Kokanee Salmon to locations all over Montana. No Cost, No Limit. Tour leaves from Yogo Inn @ 3:30pm.

Amish Community and Spring Creek Hutterite Colony – Rueben & Linda Miller's farm outside Moore will share their unique farming and livestock practices. Then on to the large grocery, deli, and retail store near Eddie's Corner. Bring your \$ in case you want to purchase a treat or two! Spring Creek Colony will give tours of the kitchen and communal building where they eat, and show you their dairy, cattle, and pig barns, geese and ducks, slaughter/canning area and their garden. No Cost, No Limit. Tour leaves the Yogo Inn @ 2:45pm.

<u>CMRC Green Share Project</u> – Urban garden nurtured by a group of Lewistown volunteers. No Cost, No Limit. Tour leaves Yogo Inn at 4pm.



Returning Shooting Sports Members

(those who were in the program last year)

All shooters returning from last year may now contact Kristi Davis to sign-up for a shooting sports time for this coming year. 752-6855 or 253-4303 or davisgka@gmail.com

NEW MEMBER - your registration will take place in October.



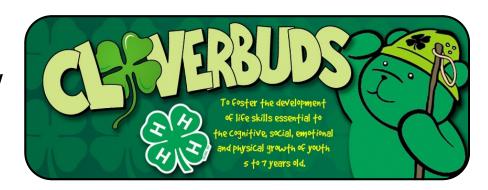


ATTENTION 4-H LEADERS!!

The Cloverbuds

are in need of a new Cloverbud leader/organizer. If any 4-H Leader is interested in helping out with the Cloverbuds

please contact the Extension office. Your help is greatly appreciated!!



ATTENTION all 4-H Members 13yrs and Older!!

Plug Into the
A-H Ambassador Program



BECOME ONE OF OUR FLATHEAD 4-H AMBASSADORS!!

What is a 4-H Ambassador?? - 4-H Ambassadors are official envoys, representative spokespersons of the 4-H Program. A 4-H Ambassador is a self-motivated, enthusiastic leader who promotes the 4-H program to fellow members, area residents, community leaders, elected officials and non 4-H youth. A 4-H Ambassador serves to strengthen the 4-H program through public relations.

Ambassadors receive training and demonstrate their skills in leadership, citizenship, and civic engagement through public presentations, life skill development workshops, and service learning projects. These youth exemplify the "learn by doing" credo of experiential learning and advance the 4-H motto, "to make the best better."

What am I committing to as a 4-H Ambassador?? - There will be approx. 6-8 meetings a year with Samantha Braaten. As a 4-H Ambassador, you will be expected to attend a few events and activities throughout the year. You won't have to do them all, but some of your options for participating are Foods Fair, County Congress, Livestock Weigh-In's, State Congress, 4-H Board Meetings, County Club Meetings and Battle of the Barns (just to name a few).

Please complete the 4-H Ambassador application (even if you are an existing 4-H Ambassador) and return the application to the Extension office by October 1st. Applications can be found at the Extension office or on the website at https://flathead.mt.gov/extension/downloads.php.



Market Livestock Project

To participate in the NWMT Fair market sale, Market Livestock project members must comply with the following:



- Be **enrolled and in good standing** in an active community 4-H Club and be working closely with a livestock leader. This means that you have complied with all club and county expectations and that you have paid all registration fees.
- Submit a signed copy of the Market Livestock Commitment form to your club leader by the deadline listed.
- Participate in **Species Seminars** in your first year of taking the market animal. **Livestock Quality Assurance** (LQA) training will also be included in those seminars. All members will attend LQA during their first registered year as a Junior member in the livestock project and again during their first registered year as a Senior member. (Jr. members = 8-12; Sr. members = 13-18). All members are welcome to attend seminars as often as they'd like; however, it is mandatory to attend in your first year selling that species.
- Ensure that your animal is **weighed & tagged** as dictated by the program. Each 4-H member **may tag up to two** animals in each market livestock project. Tagging paperwork must be completed & turned-in to the Extension office by the deadline posted. <u>Last day to replace livestock</u>; steers Jan. 31; hogs May 31; lambs June 30. On your tagging paperwork, you will need to declare the tag number of your primary and your secondary animal if you have a backup. Once you declare, you are committed to that/those animals: <u>siblings cannot swap primary or secondary livestock</u>.
- In July, complete & turn-in a signed copy of **Commitment to Excellence/Drug Withdrawal** forms (*this is a two-sided form*) to your club/livestock leader. You also need to have **updated records** for your market livestock project(s) and one other project for your club/livestock leader to review. **Be sure to keep records on your primary AND your back-up.**
- On or before Aug. 1, **register your fair projects with the fair office** by completing fair paperwork; online (go to www.nwmtfair.com for registration info). Your leader does NOT do this for you.
- You may bring only 1 hog or 1 sheep or 1 steer to the fair. If you have a primary & a back-up, you can choose which
 one you're bringing on the morning of check-in. * See annual NWMT Fair book for all fair rules & expectations
- All market animals will be weighed on Monday of the fair. Bring \$35 to pay for the livestock sale. No one is allowed behind the barriers during weigh-in except for the 4-H member whose animal is being weighed. If your animal does not make weight, you can stay at the fair and participate in showmanship and feeder market classes, but you cannot sell.
- If you sold in the market, photos of you and your animal will be made ready for you to take to your buyer after fair. The **buyer's thank you form** needs to also be taken and signed by anyone at the buyers location. This form must be returned to the Extension office by Dec 1.
- **Annual Awards Ceremony** will take place at the end of Aug/beg of Sept. Be sure to attend this ceremony so you can be recognized for all your hard work and support others who are being recognized. Afterwards, be sure to thank all sponsors of awards that you received.
- September is the last month of the 4-H year. During that time you should have your records and bookwork for all 4-H projects complete and submitted to your club leader.

Horse Project

To participate in the 4-H Horse project, members must comply with the following:

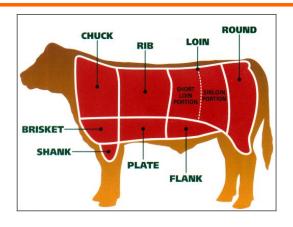
- Have an updated **Horse Card** on file: by June 1. If you've changed horses or projects, please update your horse card. <u>Last day</u> to make changes to your horse project is June 1.
- Have a signed **Horse Project Release** Form and a **Horse Helmet Policy & Acknowledgement** Form on file. Watch *Every Time, Every Ride* **Video** once as a Junior member and once as a Senior member.
- Assessments: Each horsemanship manual has level assessments included in them. Review these with your certified horse leader (all horse members must have a certified horse leader that they're working with) and turn-in assessments when you're ready to move to the next level. Members will compete in the level they are working in; ex: if assessed out of level 2, the member will compete in level 3. Assessments due by June 1st.
- Clinics: Members must attend at least one 4-H horse clinic a year. Approximately 5-6 clinics will be offered every year. Dates & subjects of clinics will be announced throughout the year. Last opportunity to obtain a clinic will be June 1.

Market Livestock Buyer "Thank You" Procedure Following the Sale

Don't forget to thank your buyers. The success of the Livestock Sale depends on the kindness of community businesses and individuals, and it's important that all our 4-H members thank them for their generosity. You can pick up your photo for your buyer's thank you at the Extension Office on TUESDAY, SEPT. 16th. Once a member delivers a "thank you" photo/gift to their buyer, they must return the confirmation form to the Extension Office by December 1, 2016.

NOW you can Enroll in 4-H Online!!

Go to https://mt.4honlie.com to re-enroll or to enroll a new family. Instructions are found at flathead.mt.gov/ extension/downloads. Payments must still be made to the Extension Office before enrollment can be approved. Some forms will still be needed in the Extension office.



BEEF SEMINAR

There will be a Beef Seminar & LQA on TUES, Oct 17th in the Country Kitchen on the fairgrounds at 5:45pm.

All beef project members, parents & leaders are strongly encouraged to attend, but those who are taking the beef project for the 1st time **MUST** attend.

If you're even thinking about taking a beef project and this is your first time taking beef, be sure you attend this meeting. This meeting is mandatory for all 1st year beef project members.

<u>2017 Montana 4-H</u> <u>Citizenship Seminar and</u> <u>Legislative Breakfast</u>

The Citizenship Seminar is being held in conjunction with the Montana Legislative Breakfast this year. The application deadline is **November 1, 2016.**

The Montana 4-H Citizenship Seminar and the Legislative Breakfast will take place **January 15-17**, **2017** in Helena at the Radisson Colonial Hotel. If you want to attend both you must register for both. You must register through 4-H Online. For more information go to www.flathead.mt.gov/extension/downlowads.



4-H Horse Clinics

4-H Packing Clinics at Whitefish Equestrian Center (555 Twin Bridges Rd, Whitefish, MT)

Sunday, January 22 Sunday, February 19 Sunday, March 12 Sunday, April 23 Sunday, May 21









Project Interviews



Once you've completed your record books for the 2015-2016 4-H year, and your leader has signed-off on your work, you are eli-

gible and encouraged to take part in *Project Interviews*. Interviews are given by 4-H volunteer leaders who are excited to hear about your projects highlights and accomplishments.

Pick-up the one-page *Project Interview* application in the office or print it off the website at www.flathead.mt.gov/extension. Applications due

Wednesday, November 2nd to the Extension Office. Interviews will be held in the Country Kitchen on the Fairgrounds on Wednesday, November 9th from 3:30-6:30pm.



Club Treasury Reports are Due to the Extension Office Oct. 31st

If your group has a 4-H checking or savings account, you MUST complete a club treasury report for the IRS.

All Year-end Financial Summary reports must be filled out **completely** and accurately to be in compliance with MSU Internal Audit and IRS regulations. Please verify the EIN #, and make sure required signatures (directions on form) are complete. Reports that are not complete will be returned to you. If you have questions about something on the report, please call or e-mail and ask us.

This is a very important document that must be completed, signed by your treasurer and two other individuals by two different families, then turned-in to the Extension office by **October 31st**.

FOODS FAIR PLANNING MEETING

Needs to be organized, with a representative from your club to attend this meeting.



Foods Fair will take place on January 21st at the Kalispell Center Mall



Interstate Exchange meeting— to be held on Thursday October 27, 2016 at the 4-H building on the Fairgrounds at 6 p.m.



Challenge!!— We are asking each member to donate \$20.17 to the Flathead 4-H Foundation for the Centennial. This is an excellent way to support the 4-H program and celebrate 100 years of 4-H in Flathead County!

ATTENTION SENIOR 4-H MEMBERS!!!

Youth members needed as Foundation Board Members, come attend a Foundation board meeting to see if you are interested in serving on the board.



HEY! Flathead 4-H Council... What's NEW with you?

During the Sept. 22nd Flathead 4-H Council Meeting, the following was discussed and determined:



- Eight out of twenty clubs were represented and presented their club reports. A treasurer's report, secretary, AG/livestock committee, horse committee, sheep committee, dog committee, camp committee, and shooting sports, and Foundation all presented reports.
- Our county will be hosting a 2017 Youth & Leader Livestock/Horse Forum on March 24-26 at the Red Lion Hotel in Kalispell. The forum is geared toward youth and the council is asking for workshop ideas.
- Foods Fair dates were discussed.
- A motion was made to have council meetings during the 4-H of 2016-2017 the 4th Thursday of every odd month with an addition of August and except November and revisit annually. Motion carried.
- We are in need of a Cloverbud leader, Nancy Roberts is unable to continue.
- Motion to have project interviews on November 9, motion carried.

The council is an open forum for any 4-H members or adults to attend. **Each club has two voting delegates.** When considering the ideal make-up of the voting body of our 4-H Council, it is recommended that each club send at least one voting youth and one voting adult representative to act on behalf of the club; however, if that isn't possible each club will still have two votes per club.

See you on Nov. 24th at 5:45 in the 4-H Building on the Fairgrounds.

HEY! Flathead 4-H Foundation... What's NEW?



Hi Everyone!

On Tuesday, Sept. 27th the Flathead 4-H Foundation met and the following was discussed/determined:

- Treasurer's report was provided. The 4-H Committees all provided reports.
- There was discussion to use the flyer as the donation letter and sending in February when bonuses and tax returns come in.
- Two members resigned from the Board. Youth members time on the Board will end at the end of the 4H year.
- There was discussion on different events for fundraising. Recipe books will be available by Thanksgiving.
- It was asked to add 2012 Heritage families to the website.

The next 4-H Foundation meeting is scheduled for Oct. 25th at 5:45 in the Extension office conference room.



Upcoming 4-H Meetings and Special Events



Forums, Committees & Councils

- **4-H Horse Committee:** Thursday, Dec. 8 at 5:45 pm in the Extension office conference room.
- **4-H Ag Committee:** Thursday, Dec. 1 at 5:45pm in the 4-H Building on the Fairgrounds.
- **4-H Council:** Thursday Nov 24 at 5:45pm in the 4-H Building on the Fairgrounds.
- **4-H Foundation:** Tuesday, Oct 25 at 5:45pm in the Extension office conference room.
- 4-H Camp Sunday, Oct 2 at 2:00pm at the camp.

REMINDER

Dee goes to lunch
every day from 12pm, so many times
the Extension office
doors are locked
during that time.

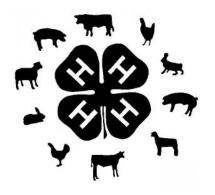


She also has occasional meetings for the county. If you need special accommodations or a guaranteed meeting with someone, please feel free to call ahead and make an appointment.

758-5553

Upcoming Activities & Other Meetings

- ♦ 4-H Shooting Sports Leader Training: Sept 30-Oct 1
- ♦ **4-H Re-Enrollment:** *October 1*
- ♦ **4-H Ambassador App. Due:** October 1
- ♦ Beef Seminar: October 17
- ♦ Interstate Exchange Meeting: October 27
- ♦ Treasury Reports Due: October 31
- ♦ Citizenship Seminar App. Due: November 1
- ♦ Project Interview App. Due: November 2
- ♦ See the body of the Newsletter for the rest of the dates and times of Activities and Meetings.



Dear Flathead 4-H members, leaders & families:

The Flathead County MSU Extension Office will be **closed Oct. 10th** for the Columbus day Holiday. Because we are short staffed we may be periodically closed for meetings or to run errands. If you need personal attention please call for an appointment. Please leave paperwork in basket or leave in mailbox on front of building for confidential information.

Thank you,

Patricia McGlynn

Montana State University Agriculture Extension Agent pmcglynn@flathead.mt.gov Phone: 406-758-5554 Dee Dryden-Cooper

Administrative Assistant MSU Extension, Flathead County ddrydencooper@flathead.mt.gov (406) 758-5553 phone





MSU Extension Service - Flathead County

Patricia McGlynn

Agriculture, Natural Resource & Community Development Extension Agent

Temporally Vacant

4-H & Youth Development Agent

Dee Dryden-Cooper

Support Staff

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Email: extension@flathead.mt.gov

Web: http://flathead.mt.gov/extension

State Web Sites:

www.msuextension.org www.montana4h.org

SNAP Education



Baked Honey Mustard Chicken

6 servings Prep: 15 mins. Cook: 45 mins. Ready in 1 hour

Ingredients:

6 skinless, boneless chicken breast halves
Salt and pepper to taste
1/3 cup - ½ cup of honey
*½ cup of Dijon mustard
1 tsp. dried basil
½ -3/4 tsp. of paprika
½ tsp. dried parsley



Directions:

Preheat oven to 350F.

Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour ½ of this mixture over the chicken, and brush to cover.

Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with remaining ½ of the honey mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

*Regular prepared mustard can be substituted.

(optional) You can also pierce the chicken breasts on both sides with a knife and then put them in a gallon-sized plastic bag. Pour half of the honey mixture in the bag with the chicken, close the bag up and marinate them in the refrigerator for 15 minutes or so, then put them in the 9x13 inch pan with the marinade in the bag. Continue on with the recipe.

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717